



An oasis at Warrior & Family Support Center

Photo by Linda Hosek

Army Pfc. Kevin Trimble (left) works on a leather project as his brother, Ben, also a Soldier, holds an embossing tool at the Warrior and Family Support Center. See Page 12 for story and more photos.

## Two METC instructors selected for AETC awards

By Lisa Braun  
METC Public Affairs

Two instructors with the Medical Education and Training Campus were selected for Air Education and Training Command 2011 Medical Service Awards.

Lt. Col. James Kutner, the Air Force Dental Assistant Program Director for METC, won the Air Force Dental Educator of the Year award for his outstanding individual performance of duty and achievement.

Tech. Sgt. Monique Hudson, an instructor supervisor for the METC Ophthalmic Technician Program, won the Air Force Ophthalmic Non-Commissioned Officer of the Year award for her individual performance of duty and achievement.

Both will compete against all other major Air Force medical commands for the Air Force-level award.

"I am extremely proud of the men and women of all services, both uniformed and civilian, who give METC life," said Rear Adm. Bob Kiser, METC commandant.

"Kutner and Hudson are prime examples of the excellence and high caliber of staff that allows the Medical Education and Training Campus to train the world's finest medics, corpsmen, and techs, supporting our nation's ability to engage globally."

Among his accomplishments Kutner managed 12 classes, achieving a 98 percent graduation rate that prepared 190 dental assistants for initial duty. He led 13 dental lab non-commissioned officers in instructing eight basic classes with 144 tri-service lab apprentices and 120 advanced lab technicians.

Additionally, Kutner boosted the Dental Assistant National Board scores from a 47 percent to a 65 percent pass

See METC, P4

## Army chief of staff chooses MICC CG for new assignment

The Army chief of staff announced Dec. 5 that Brig. Gen. Stephen B. Leisenring, the commanding general of the Mission and Installation Contracting Command at Fort Sam Houston, has been selected for assignment as the deputy commander for the Joint Theater Support Contracting Command for Operating Enduring Freedom in Afghanistan.

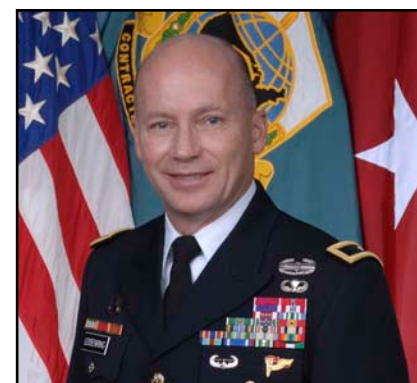
Leisenring became the first commanding general of the MICC in November 2009.

Brig. Gen. Kirk F. Vollmecke was announced as the incoming MICC commanding general. Vollmecke is presently the director for contracting at the Office of the Assistant Secretary of the Army for Acquisition, Logistics and Technology.

Headquartered at Fort Sam Houston, the MICC is made up of seven mission contracting centers, nine mission contracting offices and 27 installation contracting offices throughout the United States.

Each office is responsible for supporting the generating force by translating its customers' requirements into contracted good and services.

MICC functions as a line of operations to plan, award and administer contracts that provide the best possible value for Soldiers and their family members. In fiscal 2011, the command executed more than 63,000 contract actions worth almost \$7 billion.



Brig. Gen. Stephen B. Leisenring, the first commanding general of the Mission and Installation Contracting Command, has been chosen for an assignment in Afghanistan.

Official photo

## Editorial Staff

502nd Air Base Wing Commander  
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Public Affairs Officer  
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Editor  
**Steve Elliott**

Associate Editor  
**L. A. Shively**

Writer/Editor  
**Lori Newman**

Layout Artist  
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**News Leader office:**  
 2330 Stanley Road  
 Building 122, Suite C  
 Fort Sam Houston  
 Texas 78234-5004  
 210-221-1031  
 DSN 471-1031

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# Caring exemplifies the spirit of the holiday season

By Lt. Gen. Michael Ferriter  
 IMCOM Commanding General

My family's experience is not unique. Every Soldier and family member can point to service providers on our garrisons who go out of their way to help.

The same sense of caring is why so many Soldiers, family members, civilians and retirees

volunteer their time and talents across the installation.

Our volunteers welcome newcomers. They teach classes, mentor children and teens, and run play groups for young mothers and toddlers. They plan outings for wounded warriors, build houses for disabled veterans, support Survivors, help prepare families for deployment and throw welcome home parties.

Caring and selfless service is ingrained in our Army culture, and we are much stronger because of it.

Army Strong!

To everyone who has extended a helping hand this past year, whether in a professional capacity or as a volunteer, thank you. Thank you for choosing to go the extra mile to make a difference for Soldiers, civilians and families.

Let's all enjoy what the season offers, wherever we are, and enjoy time with friends and loved ones. As we celebrate, let's remember those who are deployed and extend extra support to their families at home.

Let's also be mindful of those around us who may find this time of year more difficult.

**See FERRITER, P6**



One of the world's greatest leaders was a gate guard who worked at the main gate of Fort Benning, Ga. What made him so great was that he knew his job was more than checking ID cards. With his awesome attitude, he conveyed that he cared to every person passing through his lane.

Somehow he succeeded in making a difference just through his genuine message of "Welcome Home!" I talked with many people who came into contact with him – Soldiers, parents visiting their Soldiers, civilians going to work, and visiting retirees who were stationed at Fort Benning years ago – and all agreed. He made a difference.

We've all seen this type of inspired leadership on every installation. Showing that we care exemplifies the very spirit of the holiday season.

The great thing about being part of the Army Family is that caring goes beyond the holiday season. It is day in, day out, year-round.

Margie and I and our four kids have lived and grown as a family on Army installations around the world. In addition to the gate guard, we've met many whose sense of service far exceeded their job description – really dedicated people at a housing office, Youth Sports coaches, and Child Development professionals, to name just a few.

# How will you earn your wings this holiday season?

By Brig. Gen. Theresa C. Carter  
 Commander, 502nd Air Base Wing

before George in order to take George's mind off taking his life.

Like many of you, one of the things I enjoy doing every year during the holidays is watching the classic Christmas movie, "It's a Wonderful Life." Many of us probably know the film by heart

at this point in our lives.

But for those who have not seen it, here's a brief synopsis. The film is about an angel named Clarence who is trying to earn his wings and a man named George who plans to end his life by jumping off a bridge into icy water. The men cross paths when Clarence jumps into the water



was wildly flapping his arms trying to stay above water.

George was ready to end his life because he was convinced things would be better if he had never been born, but, in fact, things would have been much worse. He wouldn't have been there to save his brother from drowning, to help his

neighbors secure desperately needed home loans, or to provide a helping hand to his family.

George finally realized he had made an impact each and every day in the lives of his family, friends and co-workers and pleaded with Clarence to let him live again. His wish was granted and Clarence earned his wings by showing George how important his contributions were to the lives of others.

I never fail to take away a new insight or meaning from the film each time I watch it. I often wonder how many of us appreciate the impact we have every day on our fellow service members, civilian employees, family and friends.

Whenever I have the chance to talk with students at Airman Leadership School, I always

**See CARTER, P6**



## News Briefs

### News Leader Future Issues

The Joint Base San Antonio-Fort Sam Houston News Leader newspaper will publish a "year in review" issue Dec. 22. This edition will not include news briefs, calendar items or menus. In addition, there will be no edition printed Dec. 29, that being a "down" week, per the newspaper's contract. For more information, call 221-1031.

### News Leader/Visual Information Closure

The Joint Base San Antonio-Fort Sam Houston News Leader, Public Affairs and Visual Information will close at noon Dec. 15 for a holiday organizational activity.

### 32nd Medical Brigade Holiday Run

The 32nd Medical Brigade, Army Medical Department Center and School, holds the Holiday Run at the Medical Education and Training Campus physical fitness field on at 5:30 a.m. Dec. 16. The Holiday Run is the last brigade run of the calendar year and celebrates the holiday season.

### 502nd CES closure

The 502nd Civil Engineer Squadron will be closed from 11 a.m. until the close of business Dec. 15 for holiday organizational activities. The service call desk will remain open for emergency service calls.

### RCI, LMH Office Closures

The Residential Community Initiatives office and the Lincoln Military Housing office are closed all day Dec. 26 and Jan. 3.

### Legal Office Closures

The 502nd Mission Support Group Legal Office at 2271 Reynolds Road will close Dec. 16 for an official function, with normal operating hours resuming Dec. 19. For emergencies, call the Command Post at 295-8817.

### Joint Service Holiday Chorus

The Band of the West featuring the Joint Base San Antonio Holiday Chorus perform at 3 p.m. Dec. 17 and 18 at Edgewood Independent School District Theatre for the Performing Arts at 607 Southwest 34th Street in San Antonio. The band and the chorus will perform traditional and contemporary holiday selections.

See NEWS, P4

# Medical leaders build San Antonio Military Health System framework

By Lt. Col. Alan Goodwin  
SAMHS Clinical Operations

With the government's need to reduce costs, gain efficiencies, and improve effectiveness, Base Realignment and Closure 2005 directed many changes around the world, with a deadline of Sept. 15, 2011 for implementation.

One requirement resulted in the creation of the San Antonio Military Health System, or SAMHS (pronounced "SAM-H-S").

SAMHS provides oversight of all military health services within the San Antonio area. SAMHS includes more than 9,000 healthcare workers in 10 facilities, supporting more than 230,000 beneficiaries, and providing more than 100 specialty services with an economic impact of more than \$1 billion to the San Antonio community.

Air Force Maj. Gen. Byron Hepburn, 59th Medical Wing commander and SAMHS director, and Army Maj. Gen.

M. Ted Wong, Brooke Army Medical Center commander and SAMHS deputy director, conducted the first SAMHS strategic planning conference in early October to build the framework for one military medical system in San Antonio. The system is not merging

commands, but is developing processes to support consistent and single-focused healthcare delivery, while maintaining service unique readiness requirements, and support graduate health education training platforms and biomedical research. During the conference, se-

nior leaders from the executive committee and subject matter experts from within Brooke Army Medical Center at Fort Sam Houston and the 59th Medical Wing at Lackland Air Force Base identified areas for SAMHS focus.

Conference attendees identified a need to establish several interservice committees with the goals of maximizing patient care as well as improving the patient experience, improving

See SAMHS, P6

The San Antonio Military Health System provides oversight of all military health services within the San Antonio area. SAMHS includes more than 9,000 healthcare workers in 10 facilities, supporting more than 230,000 beneficiaries, and providing more than 100 specialty services with an economic impact of more than \$1 billion to the San Antonio community. **U.S. Air Force illustration**

## Christmas comes early for Survivor Outreach Service, SFAC

By Cheryl Harrison  
Marketing, Warfighter and Family Readiness

Santa may bring toys in a sleigh, but Rent-A-Center delivered a van load of goodies Dec. 2 for the new Soldier and Family Assistance Center, as well as the new location of the Survivor Outreach Service, both to open new digs as soon as next spring.

The Rent-A-Center staff unloaded sofas, love seats, sectionals, chairs, dining sets, occasional tables, lamps, televisions, computers, appliances and even video gaming systems for the use of warriors in transition and their families, staffs of the SFAC and SOS, as well as customers visiting the facilities.

The SFAC is a one-stop administrative resource center hosting 15 different services supporting warriors in transition, their family members and surviving spouses.

With injured Soldiers, Marines, Sailors and Airmen transported to the San Antonio Military Medical Center for treatment and recuperation programs, the SFAC provides extensive assistance on their road back to duty or in their transition back to their civilian community.

The SFAC will boast 15,000 square feet on one level with offices, class rooms, kitchen area and outdoor patio.

The mission of the SOS program is to expand and

See SFAC, P6



Photo by Cheryl Harrison

(From left) Bernard Luna, regional director, Rent-A-Center; Felicia Hilliard, Survivor Outreach Services coordinator; Luisa Diaz Jimmerson, corporate communications specialist, Rent-A-Center; Marlene Nash, chief of Army Community and Family Services; Xavier Dominicus, vice-president of public affairs for Rent-A-Center; Gabriele Dias, Soldier and Family Assistance Center director; Ronald Collins, DFAC assistant director; and Nicki Holloway, U.S. Army Corp of Engineers, stand in front of the construction site of the new SFAC following the delivery of over \$17,000 in furniture, computers, televisions, gaming centers and more, for both the new SFAC and SOS facilities.

## News Briefs

from P3

### OCS Panel Board

The 502nd Force Support Squadron's Military Personnel Branch conducts an Army Officer Candidate School Structure Interview Panel Board at 8 a.m. Jan. 5 at Building 2263, Room 117B. All Soldiers must have a bachelor degree and cannot be over the age of 28. All OCS applicants must see their S1/G1 prior to submitting their OCS packets. For more information, visit the website at <https://www.hrcapps.army.mil/site/protect/branches/officer/Operations/Accessions/OCS/index.htm> or call 221-0885.

### Complete Joint Base Travel Survey; win prizes

The 502nd Air Base Wing is conducting a Traffic Points of Origin study to evaluate military, retiree and civilian population traffic patterns at Lackland and Randolph Air Force Bases, Fort Sam Houston and Camp Bullis. All Joint Base San Antonio active-duty service members, Reserve, Department of Defense civilians and contractors, retirees, and dependents age 18 and older who travel on and around Joint Base San Antonio installations are eligible to participate in the survey. Each respondent will receive a coupon for a free cup of coffee at any JBSA AAFES Express store and automatically be entered to win one of three prizes: a \$100 gas card, or one of two \$50 exchange gift cards. The survey is online at <https://www.surveymonkey.com/s/JBSAsurvey>.

### Wilford Hall Nephrology Clinic Moves to SAMMC

The Wilford Hall Ambulatory Surgical Center Nephrology Clinic will move to the San Antonio Military Medical Center Dec. 30. After that date, there will be very limited nephrology service at Wilford Hall. The nephrology clinic provides a complete range of consultative, diagnostic and treatment services for patients with kidney diseases. The Air Force nephrology clinic will merge with the Army nephrology clinic in the dialysis unit at SAMMC on the 3rd floor in the outpatient clinical wing. The new clinic area, which should open in March 2012, is adjacent to the SAMMC Dialysis Unit. Hours of operation will be 7:30 a.m. to 4:30 p.m. Monday through Friday and the phone number will be 916-1455.

# Indian Health Service pharmacy technicians graduate from METC

By Lisa Braun  
METC Public Affairs

In a unique trial program meant to develop new models of pharmaceutical care in the public health sector, the Indian Health Service has partnered with the Department of Defense to send some of their health service employees through a military medical training program.

The IHS sent three of their pharmacy technicians through the Medical Education and Training Campus Pharmacy Technician Program at Fort Sam Houston to assess how the training could help improve the current IHS pharmacy process and make it more efficient.

The IHS would like to see their pharmacy technicians taking on a larger role in the filling and dispensing of medications, allowing IHS pharmacists to focus more on medication therapy management and patient safety, just as military pharmacy technicians are trained to do.

"Today we celebrate, and tomorrow we start the work of creating the new models of pharmaceutical care that will allow these fine technicians to use all that [METC has] taught them, which in turn will allow our pharmacists more time to concentrate on needed clinical services and patient safety," said Capt. Chris Watson, principal pharmacy consultant for the IHS.

## METC from P1

rate and fostered ancillary staff advancements, resulting in four squadron, one group, and one METC Instructor of the Quarter awards.

"It's an honor to have been even considered for this award," Kutner said. "I find it very rewarding to educate and welcome our newest Air Force dental service members to the Department of Defense



Photo by Lisa Braun

Three pharmacy technicians from the Indian Health Service graduated from the Medical Education and Training Campus Pharmacy Technician Program Dec. 5. The IHS employees went through the program to assess how the training could help improve the current IHS pharmacy process and make it more efficient. (From left) Lt. Cmdr. Marisol Martinez, U.S. Public Health Service officer for the DOD/TRICARE Management Activity; Lisa Wilson, IHS pharmacy technician from the Rosebud, S.D., Indian Reservation; Debra Rethwisch, IHS pharmacy technician from the White Earth Indian Reservation in Ogema, Minn.; Cmdr. Christopher Lynch, METC pharmacy program director. Not pictured: Teresa Tsinnie, HIS pharmacy technician from the Kayenta, Ariz., Indian Reservation.

and to the Air Force Medical Service. My hope is that every graduate reaches his or her full potential."

The IHS pharmacy technicians graduated with their class of Air Force and Coast Guard students Dec. 5 after completing the rigorous 12-week basic phase of the program. The METC Pharmacy Technician program is accredited by the American Society of Health System Pharmacists.

and to the Air Force Medical Service. My hope is that every graduate reaches his or her full potential."

As the ophthalmic technical training supervisor, Hudson successfully coordinated the movement of the ophthalmic technical training course from Sheppard Air Force Base in Wichita Falls, Texas to Fort Sam Houston. Her efforts enabled classes to continue on time with no delays.

"This training was absolutely worthwhile," said Debra Rethwisch, the graduating class' honor graduate from White Earth Indian Reservation in Ogema, Minn.

Rethwisch, an IHS pharmacy technician with 33 years experience in both the IHS and private sector, said if she had received this training earlier in her career she might have be-

Additionally, she spent 95 hours administering special individualized assistance to students, averting 19 failures and saving the Air Force \$177,000.

Hudson also volunteered 14 hours to the Wichita Adult Literacy Council, led a Goodwill clothing drive, and organized an event to benefit child abuse prevention efforts.

"It means a lot that my leadership values my contribu-

come a pharmacist. "The class made me wish at times that I went to pharmacy school, but at the same time it also gave me a greater appreciation for our pharmacists."

Having completed the class, Rethwisch says she now feels "very confident answering the patient's questions and knowing where to look for answers."

"I was very impressed with the high level of training I received," said fellow IHS classmate Lisa Wilson, a pharmacy technician from the Rosebud, S.D., Indian Reservation with almost 30 years experience.

She, too, said she would have considered going to pharmacy school had she received this training when she was younger.

"We are very proud that all three [IHS pharmacy technicians] are graduating today from the most challenging technician training program in the nation. This completes the first step toward the achievement of one of the Indian Health Service Pharmacy Program's goals: developing new models of pharmaceutical care that utilize technicians and pharmacists at their highest level of training," said Watson.

"When they receive the proper education and training and can demonstrate the competency, pharmacy technicians are certainly capable of performing a much larger role in filling and dispensing medications than they are doing now," said Navy Cmdr. Christopher Lynch, the METC pharmacy program director.

tion," said Hudson, who said she would like to thank her leadership and staff "for allowing me the opportunity to make a difference and accomplish so much."

"The most rewarding aspect of my job is passing on my knowledge and training to my students," Hudson added. "It feels wonderful to know that I am molding the next generation of ophthalmic technicians."

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## FERRITER from P2

For those who need assistance, our installations provide a number

## CARTER from P2

discuss the important role first-level supervisors play in the lives of the Airmen who work for them. Time and again in climate surveys, the one thing our Airmen say they value most is a simple thank you or a pat on the back from their immediate supervisor. When was the last time you thanked one of your subordinates at the end of the day for their efforts? Have you ever told them how important they are or how they contribute to successful mission accomplishment? As we prepare to celebrate another holiday season and ring in a new year, stop and think about an average day at any military installation. Maintainers are prepping helicopters to fly and ships to sail. Aircrews are flying combat and training sorties. Combat support personnel are providing the infrastructure and services needed to support our service members where they live,

of Soldier and family support services. If you are unsure where to go, start with Army Community Service or the chaplain's

work and play. Medical personnel are caring for our most precious resource – our service members, family members and retirees. Instructors are mentoring and training our future leaders. It's not easy to keep all of these parts moving smoothly – every single person plays a key role and is essential to success. Whether you are a supervisor or subordinate, recognize and understand the powerful influence your words and actions can have on those around you. I know personally of several individuals who decided to re-enlist rather than separate and in the extreme, to live rather than to die simply because someone on that decisive day said "Thanks, you've done well and we appreciate what you do for the unit." So during this busy holiday season, let's take time to remember those who are deployed by sending a letter or email and checking in on their

office. From my family to you and yours, we wish you a safe and happy holidays and a blessed new year.

family. Let's take time to visit those who must work over the holidays, standing watch at entry control points, operating control centers or caring for the sick and injured at SAMMC. Let's remember that not all of our trainees will depart on exodus and ensure they have a place to go on Christmas day. Let's all remember to celebrate responsibly over the holidays by using designated drivers and employing personal risk management as we deck the halls and hang holiday decorations around the house. And finally, let's take time to say thanks to the dedicated soldiers, sailors, airmen and marines who keep our country safe each and every day. Let them know how important their contributions are to keeping our nation free. Let them know they make a difference every day. You never know, like Clarence, it just may help you earn your wings.

## SFAC from P3

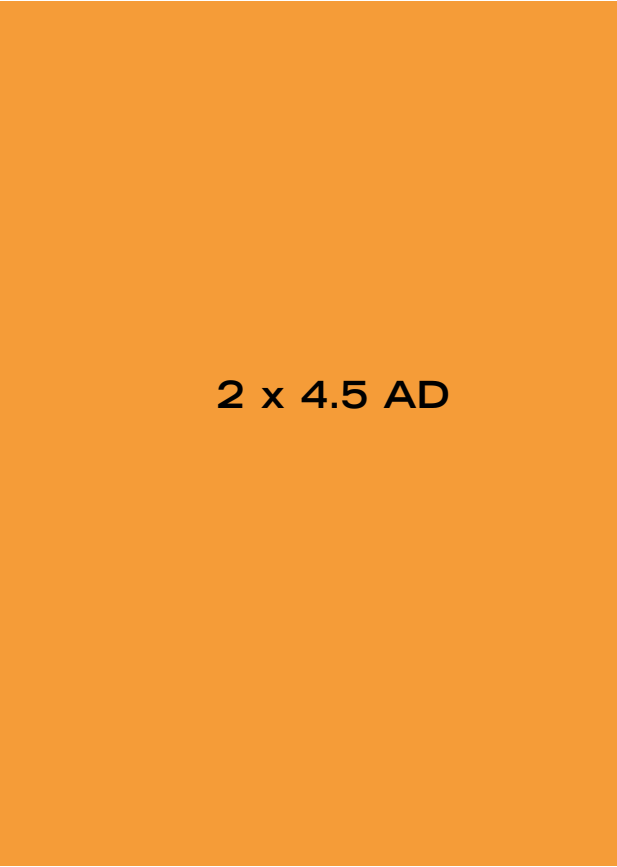
improve services to survivors, define roles and responsibilities for all agencies and all components, improve responsiveness and streamline the assistance process for Families, and provide access to benefits coordinators, financial counselors and support coordinators locally, and for long-term family case management. Once completed SOS will be located in Build-

## SAMHS from P3

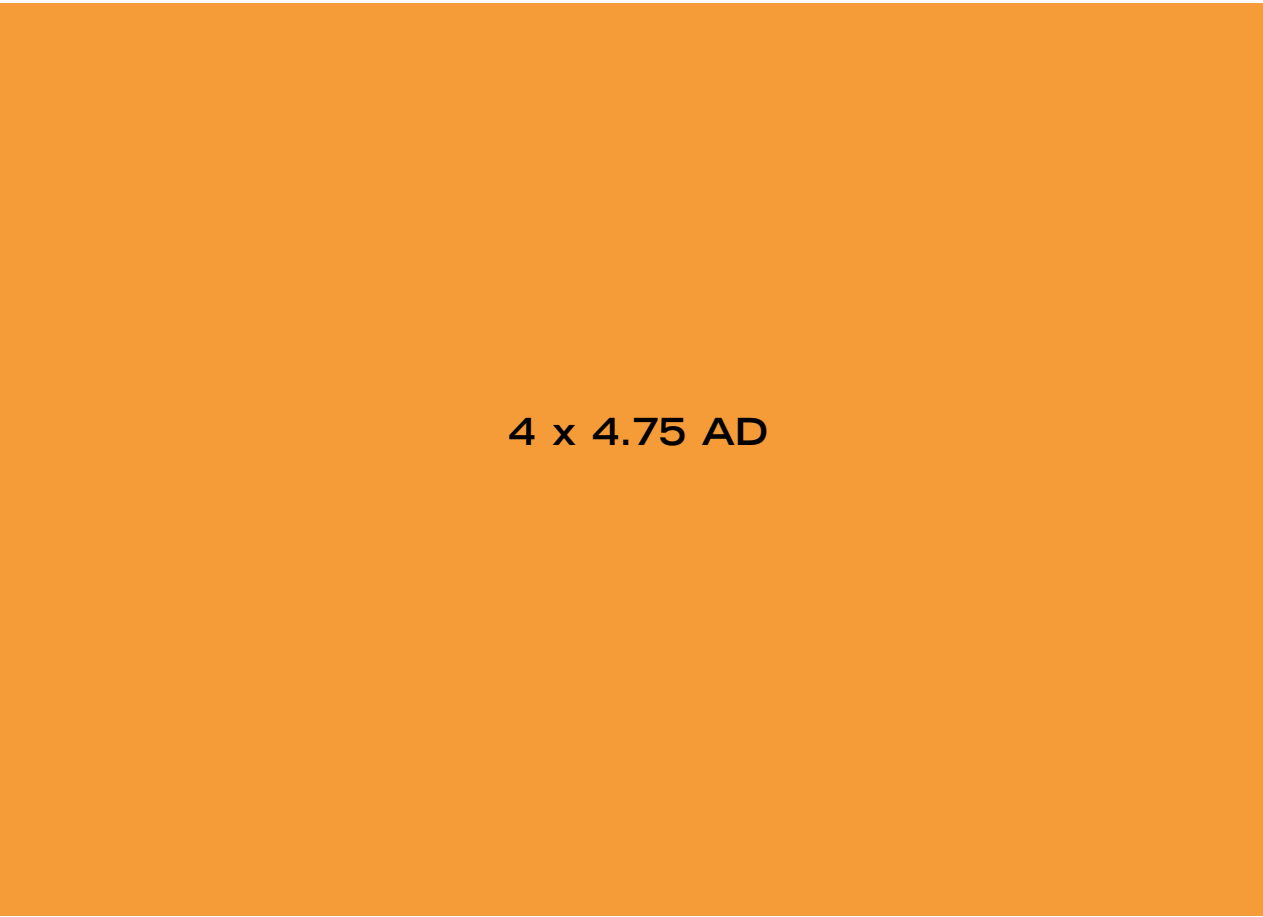
patient safety and access to care, and maximizing healthcare delivery effectiveness and efficiency across the entire healthcare system. What does this mean for the patients? "SAMHS is committed to being your first choice in healthcare, the place patients choose to go for all matters related to their health," Hepburn said. "We recognize that patients live all over the area and want access to safe, high quality care within a reasonable period of time without having to determine who to call and which

ing 131 on Stanley Road. The new facility will offer a more comfortable and spacious area to provide surviving family members the necessary services needed and will include a hall of remembrance and a reflection room. "The 18,000-plus employees of Rent-A-center are eternally grateful to those who have put themselves in harms way for us and for our children," said Xavier Dominicis, vice-

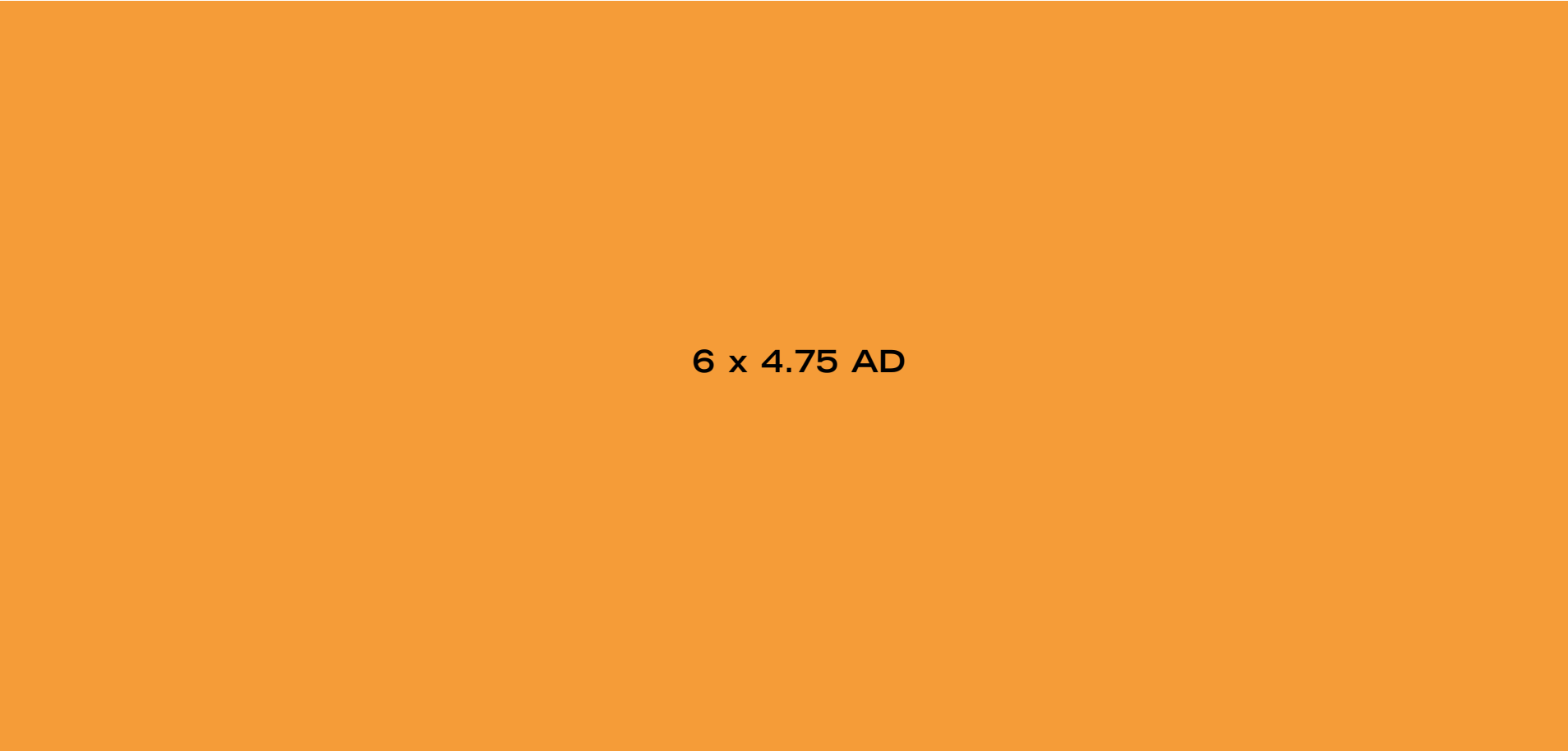
president of Public Affairs for Rent-A-Center, during the tour of the construction site of the new SFAC. "We do a lot of charitable giving, and very few of the groups we help touch us the way the military does. It warms our hearts," Dominicis added. The new facilities for the SFAC and the SOS programs are scheduled for completion in the spring or early summer of 2012. latory Surgical Center. This cross pollination of talents enables efficiencies and reduces redundancies between the facilities." Among the decisions made at the conference was creating a unified SAMHS vision: To be the Department of Defense's premier healthcare system. "As the DOD's premier healthcare system, our healthcare teams want patients to continue choosing SAMHS as their healthcare provider of choice," Hepburn said. "We look forward to serving all our beneficiaries' healthcare needs in an exceptional manner."



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## CAMP BULLIS EXCHANGE OPEN FOR BUSINESS



**Photo by Lori Newman**

Col. John Lamoureux (center), commander of the 502nd Mission Support Group, along with (from left) Helen Simecek, Jose Borrero and Margie Moreno, Army and Air Force Exchange Service representatives; and Camp Bullis officials Phil Morgan and Paul Dvorak cut the ribbon Dec. 8 to officially open the Exchange at Camp Bullis. "This is huge step forward in bringing the necessary infrastructure that allows the support for all the people who live and work at Camp Bullis and the thousands of trainees who come out here on a regular basis," Lamoureux said.

## LONG BARRACKS WORK IN PROGRESS



**Photo by Daniel P. Elkins**

More than 140 contractors continue renovations to the Long Barracks Dec. 1 in preparation for occupancy by the Mission and Installation Contracting Command. Originally completed in 1887, renovations to the 1,084-foot-long historic structure got under way in September 2009 to provide modern office space for more than 250 members of the MICC, including its headquarters staff and members from Fort Sam Houston's mission contracting center and mission contracting office. Officials expect the \$25.5 million project to be complete at the end of January and anticipate moving people into the barracks in February.



# Poppe promoted, becomes 25th Army Veterinary Corps chief

By Phil Reidinger  
AMEDDC&S Public Affairs

Col. John L. Poppe was promoted to brigadier general and became chief of the U.S. Army Veterinary Corps during a ceremony at the Army Medical Department Museum Dec. 9.

Maj. Gen. David Rubenstein, commanding general Army Medical Department Center and School, along with Poppe's wife, Denise, and sister, Stephanie Dahl, pinned his new rank on his uniform coat.

Poppe will also assume new duties as the Assistant Army Surgeon General for Force Projection, Office of the Surgeon General at the Pentagon, Washington D.C.

Poppe was commissioned a first lieutenant in the Veterinary Corps in

1987. His military tours include stops in Maine, Korea, Turkey, Wash-

ington, several tours at Fort Sam Houston, Fort Bragg, San Diego, Hawaii and most recently as chief of the Department of Veterinary Science at Fort Sam Houston.

His education includes a bachelor of science degree in animal science in 1981 and a doctor of veterinary medicine degree in 1986 from Washington State University. He also attended Tulane University, receiving a master of public health in epidemiology and became a diplomate of the American College of Veterinary Preventive Medicine.

His military education includes the Army Medical Department's Officer's Basic and Advanced Courses, Army Command and General Staff College, and the Naval War College in Newport, R.I., earning a master of arts in national security and strategic studies.



Photo by Phil Reidinger

Maj. Gen David Rubenstein presents Brig. Gen. John Poppe with the general officer's belt and side arm after Poppe was promoted to brigadier general and became chief of the U.S. Army Veterinary Corps during a ceremony at the Army Medical Department Museum Dec. 9.

## AMEDDC&S INSTRUCTOR OF THE YEAR

Col. Randall Anderson, commander, Academy of Health Sciences, Army Medical Department Center and School, congratulates Staff Sgt. Adrienne Harmon from the Department of Veterinary Science for her selection as the AMEDDC&S Instructor of the Year for fiscal year 2011. Harmon was recognized for her superior teaching abilities and expert knowledge. Harmon also received the Army Commendation Medal, the Instructor Podium Award, commander's coin and various gifts from civilian sponsors. She will represent the AHS at the TRADDOC Instructor of the Year competition.



Photo by Esther Garcia

## METC TECH ZOO

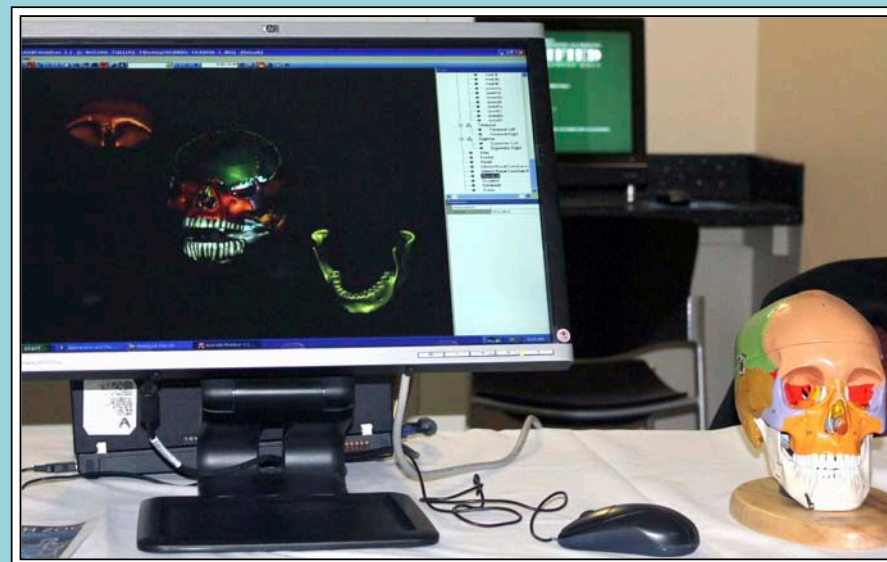


Photo by Natalia Lathrop

The first annual Medical Education and Training Campus Modeling and Simulation Tech Zoo was held at the Fort Sam Houston Club Dec. 9 to provide METC faculty and staff the opportunity to observe and learn about the different medical and dental simulation tools being used to teach METC curriculum. The Basic Medical Technician/Corpsman Program utilizes computerized mannequins to simulate varying degrees of symptoms and problems that students might face with real patients. The purpose of the event was to share resources, information, and best practices for M&S applications that could support or augment current capabilities and assist faculty's ability to instruct more effectively in the classroom.

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# Warrior and Family Support Center is 'oasis' for wounded warriors, families

By Elaine Sanchez  
American Forces Press Service

It's only 10 a.m., but the Warrior and Family Support Center on Fort Sam Houston here is bustling.

Troops, some in wheelchairs and others heavily scarred, crowd around big-screen TVs to catch the latest sports news in the cavernous, sun-filled front room. In the kitchen up the hall, volunteers load baking sheets into ovens and the smell of fresh-baked cookies begins to waft through the air.

In a nearby craft room, a family gathers for a leather workshop. A triple-amputee soldier, dressed in jeans and a black cowboy hat, lays out a thin strip of leather onto a table as his brother, also a soldier, prepares to emboss a design.

The visitors here are a mix of civilian and military, from different backgrounds and services, but all come to the center with the same purpose in mind: to seek solace and support.

"The center is an oasis in the middle of a lot of things going on for [these troops]," said Judith Markelz, director of the Warrior and Family Support Center. "Everybody is welcome here, and no one notices anything. It's a safe zone."

This sprawling, 12,500-square-foot building – completely funded through civilian donations – opened in 2008 to offer wounded warriors and their families a place to connect and find emotional support, and to serve as a respite away from the rigors of recovery. It's just steps away from Brooke Army Medical Center, where many combat-wounded service members are treated, and the Center for the Intrepid, a state-of-the-art



Army Cpl. Ian Stauffer, who suffered a leg injury from a bomb in Afghanistan, and Pfc. Kerry Cain, who suffered a brain injury, talk at a waterfall setting they both like at the Warrior and Family Support Center Nov. 10. The two warriors have become friends during their stay on Fort Sam Houston as they recover.

rehabilitation center.

Thanks to individuals and organizations' generosity, the center offers wounded warriors and their families more than 100 free activities each month, including sporting events, movies, plays, concerts, shopping trips, lunches and dinners out, and fishing trips.

Inside, it features a learning facility for computerized training, a counseling room, a business center, a video game room, a kids' area, and a craft room popular among both family members and wounded warriors.

This day, military mom Saralee Trimble has stopped by to take a basket-weaving class. The busy work is soothing, she said, as she laid out thin strips of reed, and a healing break away from full-time care of her 19-year-old son, Army Pfc. Kevin Trimble. Her son lost his legs and an arm in a September roadside bomb blast in Afghanistan.

"The center helps you get a break from being hands-on with your soldier all the time," she said. "It's a place to go during appointments. It's so important. I don't know what I'd do without it."

Trimble said she takes needlepoint projects from here to her son's bedside.

"It fills the many hours I'm there," she said.

The crafts are an asset, but to Markelz, the center's focal point is the well-equipped, spacious kitchen.

"Food is the universal language," she said. "And to many of the service members, food is love." Although early, she noted the kitchen already was packed with volunteers cooking breakfast for the troops and their families.

More than 140 volunteers from the community frequent the center to cook, conduct classes or spend time with service members, she said, and there's always a waiting list of more people eager

to help.

Each day, donations of food and other items stream through the door. Later on, four ladies would stop by with 40 dozen cookies.

"It's like 'Field of Dreams,'" Markelz said, referring to the 1989 movie. "If you build it, they will come. I think of something we need, and someone walks through my door. I've never had to ask for anything."

When the Texas heat allows, visitors can walk the grounds, taking a path that meanders through a butterfly garden, barbecue pit, water features, and past a soon-to-be unveiled children's playground.

The center's impressive size and offerings belie its more humble beginnings.

Eight years ago, a committee of therapists, physicians and other helping professionals came to Fort Sam Houston's Army Community Service, where Markelz worked at the time, in the hopes of creating a space where wounded warriors and their families could gather and find support. They asked her to run this

new center, which they tucked away in conference rooms on the second floor of the Powless Hall Guest House here.

The Soldier and Family Assistance Center opened Dec. 8, 2003, and became an instant hit. But the need for more space soon became evident. As word spread of the center's positive effects, community members looking to help stepped in.

Through donations and the Returning Heroes Home project, the support center moved from a 1,200-square-foot area to its new \$5.6 million home, and reopened Dec. 8, 2008.

Next up for the center is Phase 2, also funded through donations. The outdoor therapeutic garden and recreation area is slated to open in March 2012 and will feature a track, beach volleyball, fitness stations and Frisbee golf.

Since the center's early days, Markelz – known to many simply as "Mom" – has seen thousands of warriors and family members come through its doors. Closest to her heart, she said, are the families of service members who die here and the families of service members who walk out of here with no legs, "but they walk out of here."

These families "become part of my life; all of our lives," she

**See WFSC, P13**



Photos by Linda Hosek

A volunteer prepares food in the kitchen as she looks over the gathering areas at the Warrior and Family Support Center.



# NORAD gears up to track Santa Claus

By Cheryl Pellerin  
American Forces Press Service

For the 56th year running, the North American Aerospace Defense Command will add the job of tracking the global flight of Santa on Christmas Eve to its mission of North American aerospace warning and control.

"NORAD stands the watch protecting the skies of North America 365 days a year, but on Christmas Eve the children of the world look to NORAD and our trusted partners to make sure that Santa is able to complete his mission safely," said Army Gen. Charles H. Jacoby Jr.

Jacoby commands NORAD, as well as U.S. Northern Command, both based at Peterson Air Force Base in Colorado.

The NORAD Tracks Santa mission "is a duty to the children of the world," he added, "and a privilege we've enjoyed for 56 consecutive years."

From a NORAD video of the 2010 Santa flight, a military specialist looks up from a bank of computer screens:

"Sir," he says, turning to look at the camera, "we've picked up 'Big Red' on the radar. He's entering from the northeast."

"Recommend fighter escort as he transitions over North America," the specialist adds, as the video shows an F-16 moving down the runway.

This year, the NORAD Tracks Santa website went live Dec. 1 and features a Countdown Calendar, a Kid's Countdown Village with holiday games and activities that change daily, and

video messages from students and troops from around the world.

The website is available in English, French, Spanish, German, Italian, Japanese, Brazilian Portuguese and Chinese.

For the first time, using free apps in the Apple iTunes Store and in the Android market, parents and children can use their smart phones to count down the days until Santa and his reindeer take off from the North Pole to deliver presents to kids everywhere.

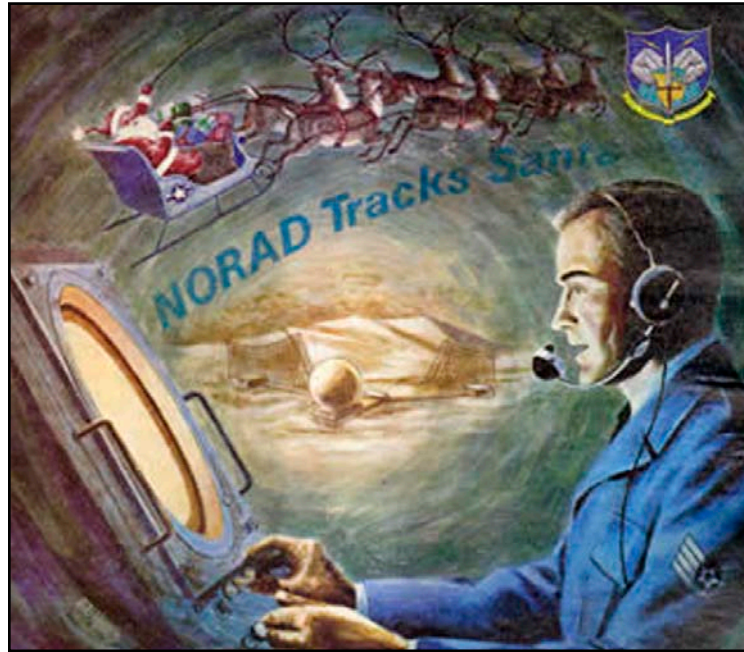
Facebook, Google+, YouTube and Twitter also offer tracking opportunities. Santa followers can type "@noradsanta" into each search engine to get started.

And that's not the only technology that goes into the Santa tracking mission. To track the big man in red, NORAD uses radar, satellites, Santa cams and fighter jets.

A NORAD radar system called the North Warning System consists of 47 installations strung across the northern border of North America. On Dec. 24, NORAD monitors the radar systems continuously for indications that Santa Claus has left the North Pole.

The moment radar indicates a lift-off, satellites positioned in geo-synchronous orbit at 22,300 miles from the Earth's surface are equipped with infrared sensors, which enable them to detect heat. Rudolph's bright red nose gives off an infrared signature that allows the satellites to detect Santa's sleigh.

NORAD starting using the



Courtesy graphic

The North American Aerospace Defense Command based at Peterson Air Force Base, Colo., will again track Santa Claus on his annual Christmas Eve flight to deliver presents to children around the globe.

Santa cam network in 1998. Santa cams, according to NORAD, are ultra-cool, high-tech, high-speed digital cameras prepositioned at many locations around the world. They use the cameras once a year to capture images and videos of Santa and his reindeer.

In the air, Canadian NORAD pilots flying the CF-18 fighter will intercept and welcome Santa to North America.

In the United States, American NORAD fighter pilots in F-15s, F-16s or F-22 Raptors will fly alongside Santa's airborne sleigh pulled by his famous reindeer: Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen and Rudolph.

Once data is collected on Dec. 24, it is pushed into Google Maps and Google Earth so families all over the world can follow Santa.

Thanks to these systems and technologies, starting at midnight Mountain Standard Time on Dec. 24, visitors to the NORAD Santa website can watch Santa's progress around the globe.

It all started in 1955 when a Sears media advertisement directed kids to call Santa Claus but printed a telephone number that rang through to the crew commander on duty at the Continental Air Defense Command Operations Center.

The colonel on duty told his

staff to give all children who called in a "current location" for Santa Claus. The tradition continued when NORAD replaced CONAD in 1958.

"The [NORAD Tracks Santa] effort," Jacoby said, "could not be carried out without the superb assistance of numerous government and nongovernment contributors."

Sponsors of this year's program include Acuity Scheduling, Big Fish Worldwide, Carousel Industries, the Colorado Springs Chamber of Commerce Military Affairs Council, General Electric, the National Tree Lighting Ceremony, Radiant-Blue Technologies Inc., thunderbaby studios, the U.S. Coast Guard Band, the U.S. Merchant Marine Academy Band, Visionbox, and the West Point Band.

Returning sponsors include the Air Force Academy Band, Analytical Graphics Inc., Air Canada, Avaya, Booz Allen Hamilton, Colorado Springs School District 11, the Defense Video & Imagery Distribution System, the Federal Aviation Administration, First Choice Awards & Gifts, Globelink Foreign Language Center, Google, the Marine Toys for Tots Foundation, Meshbox, the Naden Band of the Maritime Forces Pacific, Naturally Santa's Inc., the Newseum, OnStar, PCI Broadband, the Space Foundation, tw telecom, Verizon and UGroup Media.

"It is the generosity of these contributors, the hard work of the more than 1,200 volunteers who man the NORAD Tracks Santa Operations Center, and vigilance of the Canadian and U.S. forces who work at NORAD that guarantees the program's success each and every year," Jacoby said.

## WFSC from P12

added.

Family members sacrifice everything to be by their loved one's side, Markelz said. "I have never seen anything like this. They lose their jobs, their cars, their medical care, their houses, but when you ask them why, they say the same

thing: 'That's what you do for your child.' They are my heroes."

She cited Trimble, the triple-amputee soldier's mom, as just one example among many. Trimble left her home and her husband behind, and will be here for about two years aiding her son.

"I've never heard her com-

plain," she said. "She's simply grateful her son is alive."

The wars may be drawing down, but that won't mark the end of the need here, Markelz noted. Wounded warriors and their families will continue to need help for years to come.

"We just can't forget these young men and women and

their families. They are the best of the best and we owe them, all of them," she said.

As soon as she's done speaking, Markelz rushes off. She has a long list of things to do and a phone that never stops ringing. She wears many hats as director: counselor, friend, mom and, more recently, wedding planner.

A scenic locale out back has become a popular wedding site for wounded warriors, and the center soon will mark its 28th wedding. Each bride gets a new dress — 61 were donated three years ago — a bouquet and cake.

"Weddings are a celebration of life," Markelz said. "It goes on."

# FORT SAM HOUSTON HOLIDAY HOURS, CLOSURES

<b>Golf Course</b> Dec. 24: 6:45 a.m.-noon Dec. 25: Closed Dec. 26-30: 6:45 a.m.-7:30 p.m. Dec. 31: 6:45 a.m.-noon Jan. 1: Closed	<b>Auto Craft Shop</b> Dec. 16: 8 a.m.-noon Dec. 17-18: 9 a.m.-5 p.m. Dec. 19-20: Closed Dec. 21: 1-9 p.m. Dec. 22: 9 a.m.-9 p.m. Dec. 23: 1-9 p.m. Dec. 24-27: Closed Dec. 28: 1-9 p.m. Dec. 29: 9 a.m.-9 p.m. Dec. 30: 1-9 p.m. Dec. 31-Jan. 3: Closed	Dec. 30: 4 a.m.-noon Dec. 31-Jan. 4: Closed	<b>RV Park</b> Dec. 16: 7:30 a.m.-noon Dec. 17-18: 10 a.m.-3 p.m. Dec. 19-22: 9 a.m.-4 p.m. Dec. 23: Closed Dec. 24: 11 a.m.-2 p.m. Dec. 25-26: Closed Dec. 27-29: 9 a.m.- 4 p.m. Dec. 30: Closed Dec. 31: 11 a.m.-2 p.m. Jan. 1-2: Closed	<b>Brigade Big Area Tent</b> Dec. 17-Jan. 2: Closed	Weekend hours: Breakfast 7:30-9:30 a.m., Lunch noon-2 p.m.; Dinner 5:30 7:30 p.m.
<b>Bowling Center</b> Dec. 16: 11 a.m.-9 p.m. Dec. 17: 11 a.m.-midnight Dec. 18: 2-9 p.m. Dec. 19: Closed Dec. 20-22: 11 a.m.-6 p.m. Dec. 23-26: Closed Dec. 27-29: 11 a.m.-6 p.m. Dec. 30-Jan. 2: Closed	<b>Camp Bullis Outdoor Recreation Area</b> Dec. 16: 5 a.m.-8 p.m. Dec. 17-19: 4 a.m.-noon Dec. 20: Noon-8 p.m. Dec. 21: 4a.m.-noon Dec. 22: Noon-8 p.m. Dec. 23-26: Closed Dec. 27: Noon-8 p.m. Dec. 28: 4 a.m.-noon Dec. 29: Noon-8 p.m.	<b>Equestrian Center</b> Dec. 16: 8:15 a.m.-5 p.m. Dec. 17-18: 7 a.m.-5 p.m. Dec. 19-23: 8:15 a.m.-5 p.m. Dec. 24: 7 a.m.-5 p.m. Dec. 25: Closed Dec. 27-30: 8:15 a.m.-5 p.m. Dec. 31: 7 a.m.-5 p.m. Jan. 1-2: Closed	<b>Jimmy Brought Fitness Center</b> Dec. 19-23: 5 a.m.-5 p.m. Dec. 24: 5 a.m.-2 p.m. Dec. 25: Closed Dec. 26-30: 5 a.m.-5 p.m. Dec. 31-Jan. 2: 8 a.m.-5 p.m.	<b>Camp Bullis Gym</b> Dec. 17-Jan. 2: Closed	<b>Keith A. Campbell Memorial Library</b> Dec. 16-23: 9 a.m.-6 p.m. Dec. 24-25:Closed Dec. 26-30: 9 a.m.-6 p.m. Dec. 31-Jan. 2: Closed
<b>Equipment Center</b> Dec. 16: 7:30 a.m.-noon Dec. 17-18: Closed Dec. 19-22: 8 a.m.-5 p.m. Dec. 23-26: Closed Dec. 27-29: 8 a.m.-5 p.m. Dec. 30-Jan. 2: Closed	<b>Sam Houston Community Center</b> Dec. 19-Jan. 2: Closed	<b>Hacienda Recreation Center</b> Dec. 16: 7 a.m.-10 p.m. Dec. 17: 1-10 p.m. Dec. 18-Jan. 1:Closed	<b>Central Post Gym</b> Under Renovation: Closed	<b>Rocco DEFAC</b> Dec. 17-Jan. 2: Closed	<b>Education and Training Center</b> Dec. 23, 25, 26: Closed Dec. 30- Jan. 2: Closed
		<b>Harlequin Dinner Theater</b> Dec. 19-Jan. 2: Closed		<b>Slagel DEFAC</b> Dec.17-Jan. 2: Closed	<b>Manpower and Personnel Flight</b> Dec. 23, 25, 26: Closed Dec. 30- Jan. 2: Closed
				<b>Camp Bullis DEFAC</b> Closed Dec. 17 through Jan. 2	
				<b>METC DEFAC</b> Weekday hours: Breakfast 6:30-8:30 a.m.; Lunch 11:30 a.m.-1:30 p.m.; Dinner 5:30-7:30 p.m.	



**For Sale:** Metal Christmas tree stands, \$8; lady's fur jacket, \$42; new Oakley sun glasses with hard case, \$65; woman's three quarter length fur coat,

\$675; computer desk, 41 inches long by 16 inches wide by 28 inches high, \$17. Call 313-0061.  
**For Sale:** Rascal electric leg

lift wheelchair, excellent condition, manual included, \$800 obo. Call 661-3765.  
**For Sale:** 1989 classic Honda hatchback, great condition, low mileage, \$4,499; upright piano, \$299. Call 659-6741.

**REMINDER CALENDAR**

**Dec. 16**  
**Dec. 17-18**  
**Dec. 31**

32nd Medical Brigade Holiday Run, 5:30 a.m., METC physical fitness field  
Joint Service Holiday Chorus, 3 p.m., Edgewood ISD  
New Year's Eve Fun Run/Walk, midnight, Jimmy Brought Fitness Center



## FISHER HOUSE RECEIVES DONATION

Inge Godfrey, Brooke Army Medical Center Fisher House manager, receives a \$5,000 check from Barclay Anthony, Sea Island Shrimp House CEO, at the Sea Island Shrimp House at the Forum Dec 2. Fisher House residents Joseph (left),



Photo by Maria Gallegos

Renata and Kiana Farley and Ian (right) and Meagan Stauffer, join in the celebration. The Sea Island Shrimp House and Tiago's Cabo Grille sold wristbands in their restaurants to raise funds for the warriors and their families staying at the Fisher House. Fisher Houses provide wounded warriors and their families a home away from home and allows them to be close to a loved one during hospitalization for an illness, disease or injury. BAMC has four Fisher Houses within walking distance from the hospital.

## KENNEDY JROTC MEETS MATT

Chris Kwader (left), Department of Combat Medic Training instructor, explains to Kennedy JROTC cadets how the Soldier Medics use patient simulators to perform a Needle Decompression and a Surgical Cricothyroidotomy on this new model, known as the MATT (Multiple Amputation Trauma Trainer), during their tour of Fort Sam Houston Dec 7. This new simulator's legs detach to mimic a real combat injury.

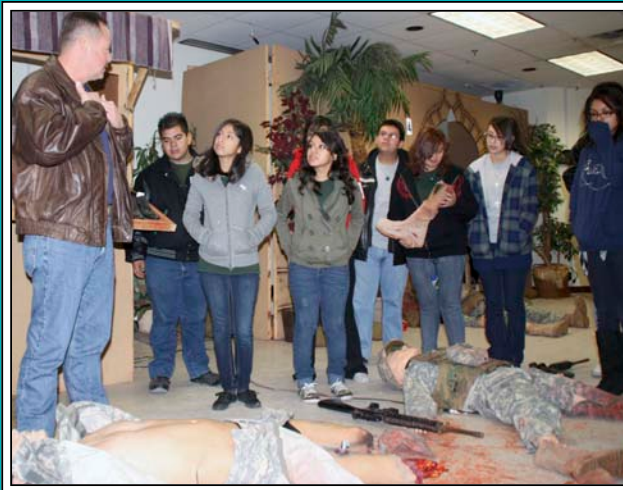


Photo by Kathy Salazar



## Announcements

### Retired cats need homes

The Animal Health Branch of the Department of Veterinary Science has five cats for adoption. They have been part of the 68T10 (Animal Care Specialist) training program and are being retired. There are four male cats and one female ranging in age from 2 to 8 years and they are in good health. There is no adoption fee, but the department does require that the individual complete an adoption form. Call 221-5435 for more information.

### Looking For Golfers

Join the Fort Sam Houston Dawg Fight golf group. The group plays on weekends and holidays, at top local

area resorts and private courses. Visit <http://www.dawgfight.com> for information.

### Second Division Association

The Second (Indianhead) Division Association is searching for anyone who served in the 2nd Infantry Division. For information, visit <http://www.2ida.org> or call 224-225-1202.

### Basic Skills Education Program

The Fort Sam Houston Education Center Basic Skills Education Program is designed to teach and refresh basic college preparatory skills to service members with a GT score less than 110. Learners must be self-motivated individuals who desire to increase their capabilities

in basic skills in a rigorous learning environment, Monday-Friday 7:30 a.m.-3:30 p.m. for a period of 14 working days. Service members will receive instruction in reading comprehension, vocabulary, and math skills. Call 221-1738 to enroll or for information.

### Stilwell House

The Fort Sam Houston Stilwell House, a historic landmark since 1888, is open for tours, receptions and parties. The Stilwell House is managed by the Society for the Preservation of Historic Fort Sam House, Inc. a 501(C)(3) Corporation not affiliated with the Department of Defense. Call 224-4030 or 655-0577 for more information.

See **COMMUNITY, P18**

## Edwards Aquifer Level

in feet above sea level  
as of Dec. 13

**CURRENT LEVEL \* = 651.6'**

\*determines JBSA water conservation stage

**Normal - above 660'**

**Stage I - 660'**

**Stage II - 650'**

**Stage III - 642'**

**Stage IV - 640.5'**

**Stage V - 637'**



Joint Base San Antonio water restrictions have been returned to Stage II. As of Oct. 17, the Bexar County index well J-17 was at 651.7 feet. The JBSA Drought Management Plan calls for levels to revert to next higher level after 30 days of being above trigger. The J-17 has stayed above 642.0 feet since Sept. 16.

## WILSON WAY CLOSURES

Wilson Way east of the Wilson Way/Scott Road intersection will re-open for two-way traffic Jan. 2. That same day, Scott Road north of the Wilson Way/Scott Road intersection and Wilson Way west of that intersection will close for installation of active vehicle barriers. This closure will continue through March 31, 2012. Detours will be marked.

**Photo illustration courtesy  
502nd CES**

## Did you know?



One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service.

It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.

## Holiday Worship Services



### Catholic Services:

#### Main Post Chapel

Dec. 24: Mass, 10 p.m.  
Dec. 25: Mass, 9:30 a.m.  
Dec. 31: Mass, 5:30 p.m.  
Jan. 1: Mass, 9:30 a.m.

#### AMEDD Chapel

Dec. 18- Jan. 2: No Mass

#### Dodd Field Chapel

All Sunday Masses in  
December: 12:30 p.m.  
Dec. 24: Children's Mass,  
5 p.m.  
Dec. 25: No Mass  
Jan. 1: No Mass

### Protestant Services:

#### Main Post Chapel

Dec. 18: Christmas Cantata,  
8 and 11 a.m.  
Dec. 24: Candlelight Service,  
7 p.m. (Combined Protestant)

#### Dodd Field Chapel

Dec. 24: Samoan Christmas  
Eve Service, 7 p.m.  
Dec. 31: Samoan New Year's  
Eve Service, 7 p.m.  
Dec. 31: Gospel Watch Night  
Service, 10 p.m.

### Jewish Services

#### Main Post Chapel

Dec. 23: Chanukah  
Celebration, 8 p.m.  
Dec. 23: Oneg Shabbat,  
8:30 p.m.

Force Support Squadron  
Family & MWR

Announcements

Bowl to Win

Bowlers are invited to head to the Fort Sam Houston Bowling Center from now until Jan. 31 for the 11th Annual Youth Worldwide Bowling Program “Bowl to Win.” Three winners will be randomly selected, weekly, to win custom bowling balls and bags. Bowling results must be submitted on the “Bowl to Win” website at <http://www.usafbowltowin.com>.

“Let’s Twist Again”

Shows are Thursday, Friday and Saturday through Dec. 17 at the Harlequin Dinner Theatre. Dinner begins at 6:15 p.m. with an 8 p.m. show time. Call 222-9646.

Hunting on Camp Bullis

Rifle hunting season is open for selected permit holders Saturdays and Sundays, 5:30 a.m. to late evening. Bow hunting for deer, hogs and turkeys is still

underway Mondays and Thursdays, 5:30-10 a.m. and Friday through Sunday, 5:30 a.m. until late evening. Call 295-7529/7577.

All You Can Cut Firewood

Bring your chainsaw and cut all the oak firewood you can fit into a small truck for \$5 or a large truck for \$10 at Camp Bullis Outdoor Recreation Area. Pre-cut wood is \$30 for a small truck or \$50 for a large truck. There are limited quantities, call 295-7529/7577 to find out available cutting times.

Microsoft Office Classes

Jan. 4 - Introduction to Computers  
Jan. 5 - Excel Level 1  
Classes are held at the Roadrunner Community Center, Building 2797 from 8 a.m.-noon. Registration is required, call 221-2518/2705.

All You Can Cut Firewood

Bring your chainsaw and cut all the oak firewood you can fit into a small truck for \$5 or a large truck for \$10 at Camp Bullis Outdoor Recreation Area. Pre-cut

wood is \$30 for a small truck or \$50 for a large truck. There are limited quantities, call 295-7529/7577 to find out available cutting times.

Better Opportunities for Single Servicemembers

BOSS meetings are held the first and third Wednesday of each month at the BOSS Zone in the Barracks. The goal is to have one BOSS representative from each unit. Call 221-4242.

Calendar of Events

Dec. 15  
CFC Campaign Pledge Window Closes

The Combined Federal Campaign pledge window closes today. The goal for 2011 is \$1,343,389. Call 221-2207 to join the campaign.

Mandatory Initial First Termer Financial Readiness

The class is 10 a.m.-noon at the Roadrunner Community Center, Computer Lab Building 2797. Call 221-1612.

Holiday Shoot-Out Basketball Tournament

The championship game will be held at 6 p.m. at the Fitness Facility on the METC Campus. Call 808-5709/5708.

Dec. 16  
Operation Rising Star Crowned

Operation Rising Star comes to a close at 7 p.m. with the crowning of the 2011 Rising Star at the historic Fort Sam Houston Theater. Seating is limited for this free event. Tickets are available at the FSH Ticket Office. Visit <http://www.oprisingstar.com>.

Balancing Marriage and Baby

The class is 11 a.m.-12:30 p.m. at the Roadrunner Community Center, Building 2797. Lunch is provided. To register, call 221-0349.

Family Readiness Group for Commanders

The training is 8 a.m.-noon at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946 or e-mail [samh](mailto:samh).

[acs.mob.deploy@conus.army.mil](mailto:acs.mob.deploy@conus.army.mil).

Dec. 17-18  
Holiday in Blue Sounds of the Seasons Joint Service Holiday Chorus

The Band of the West featuring the Joint Base San Antonio Holiday Chorus will perform Dec. 17 and 18 at 3 p.m. at Edgewood Independent School District Theatre for the Performing Arts, 607 Southwest 34th Street. The band and the chorus will fill the theater with some favorite traditional and contemporary holiday selections.

Dec. 19  
Women Encouraging Women

The seminar is 11 a.m.-noon at the Roadrunner Community Center, Building 2797. Call 221-0349.

Dec. 20  
HUGS playgroup

This playgroup for parents and children up to age 5 meets Tuesdays, 9-11 a.m. at the Middle School Teen Center, Funston Road. Registration is not required. Call 221-0349/2418.

Baby Talk

This support group for new parents meets Tuesdays, 1-2:30 p.m. at Dodd Field Chapel. Light snacks and drinks are provided. Call 221-0349/0655.

Dec. 21  
Mandatory Initial First Termer Financial Readiness

The class is noon-2 p.m. at the Education Center, Building 2248. To register, call 221-1612.

Dec. 31  
Third Annual New Year’s Eve 2011 5K Run/Walk

Open to the whole family, dogs on leashes are welcome. The free run/walk starts at the Jimmy Brought Fitness Center, Building 320 on Wilson Road and participants are encouraged to be at the center no later than 11:30 p.m. After the run, a grape juice toast and healthy snacks will be available inside the fitness center. Registration forms are available center. T-shirts will be sold at the event for \$10 each. Call 221-1234.



COMMUNITY from P16

Cloverleaf Communicators Club

The Cloverleaf Communicators Club is open to military, family members and civilians who are interested in developing or enhancing their leadership and communications skills. Meetings are held the first and third Thursday of every month 11:45 a.m.-1 p.m. at San Antonio Credit Union, Stanley Road, in the conference room. Call 916-3406 or 221-8785 for information or visit <http://powertalkinternational.com/>.

Toastmasters Club

The club meets the second and fourth Wednesday of every month noon-1 p.m. in the Joint Program Management Office conference room 1A, Building 4196. Call 663-4814 or 850-420-1610 or visit <http://www.futurespeakers.freetoasthost.org>.

Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets the third Thursday of each month at 5 p.m. at the Longhorn Café, 1003 Rittiman Rd. All active duty, Reserve, National Guard and retired sergeants

major are invited and encouraged to attend. Call 221-0584 or 889-8212 for information.

Sergeant Audie Murphy Club

The SMA Leon L. Van Autreve Chapter of the Sergeant Audie Murphy Club meets the third Thursday of each month at noon in the Men's Card Room at the Fort Sam Houston Golf Club. All Sergeant Audie Murphy or Sergeant Morales members are invited and encouraged to attend. Call 808-1732 or 221-0144.

Lost Property

If you have lost any property on Fort Sam Houston, call 221-2340. To claim items, you must have a form of photo identification and be able to identify the property.

MILITARY STAR® Cardholders Save

Shoppers using their MILITARY STAR® Card at participating Fort Sam Houston Exchange restaurants will now receive 10 percent off their entire purchase. In addition to saving at the food court, cardholders receive savings at the pump with a five cents a gallon discount every time they fuel up at the Express.

From Dec. 30 to Jan. 4, the Fort Sam Houston Exchange will provide a 20 cents per gallon discount at the Express when using a MILITARY STAR® Card.

Calendar of Events

Dec. 15

FSH Preservation Society Holiday Party

The Society for the Preservation of Historic Fort Sam Houston will host a holiday party 4-6 p.m. at the Stilwell House. The society will honor the late Gen. Ralph E. Haines and his family for their donation of his military uniforms, medals and papers to be permanently displayed at the Stilwell House. Everyone is welcome. Call 224-4030 or 824-1917.

Dec. 17

Calvert, Texas Walk

The Brazos Valley Trailblazers Volksmarch club is hosting a 5k and 10k walk starting at the Hammond House B&B, 604 Elm St. Calvert, TX 77837, on Saturday, December 17, starting between 8 a.m. and noon, finish by 3 p.m. For information call 979-774-9038 or email her at: [bvtrailblazers@gmail.com](mailto:bvtrailblazers@gmail.com).

Dec. 31

Fredericksburg Memorial Walk

The Texas Volkssport Association is hosting a 5k and 10k walk starting at the Pecan Creek School, 3410 Pecan Creek Rd. in Fredericksburg. Walks start between 9 a.m. and noon, finish by 3 p.m. Call 496-1402 or email [papre1947@yahoo.com](mailto:papre1947@yahoo.com).

Fredericksburg New Year Walk

The Texas Volkssport Association is hosting a 5k and 10k walk starting at the St. Joseph's Hall, 212 W. San Antonio St. in Fredericksburg. Walks start between midnight and 12:30 a.m., finish by 3:30 a.m. Call 496-1402.

Jan. 6

AUSA Luncheon



















The Alamo Chapter of the Association of the United States Army will hold a luncheon at 11:30 a.m. at the Sam Houston Club. The guest speaker is Army Chief of Staff Gen. Raymond Odierno. Visit <http://www.alamochapterausa.org> for more information.

Jan. 18

CSRS Retirement Planning Seminar

The Alamo Federal Executive

Weekly Weather Watch

	Dec 15	Dec 16	Dec 17	Dec 18	Dec 19	Dec 20
San Antonio Texas	 62° T-Showers	 55° Showers	 54° T-Showers	 68° Scattered T-S	 69° Showers	 60° Partly Cloudy
Kabul Afghanistan	 52° Sunny	 52° Mostly Sunny	 52° Sunny	 51° Mostly Sunny	 48° Partly Cloudy	 48° Sunny
Baghdad Iraq	 66° Partly Cloudy	 67° Partly Cloudy	 65° Partly Cloudy	 67° Sunny	 67° Sunny	 66° Sunny

(Source: The Weather Channel at [www.weather.com](http://www.weather.com))

Board will host a Civil Service Retirement System planning seminar from 8:30 a.m.-3:30 p.m. at the Schertz Community Center, 1400 Schertz Parkway, Building 5. Cost is \$10 per person. Call 565-1860 or email [afpc.afeb.workflow@us.af.mil](mailto:afpc.afeb.workflow@us.af.mil) for information.

Jan. 19

FERS Retirement Planning Seminar

The Alamo Federal Executive Board will host a Federal Employees Retirement System planning seminar from 8:30 a.m.-3:30 p.m. at the Schertz Community Center, 1400

Schertz Parkway, Building 5. Cost is \$10 per person. Call 565-1860 or email [afpc.afeb.workflow@us.af.mil](mailto:afpc.afeb.workflow@us.af.mil) for information.

Jan. 23

Warrant Officer Association Meeting

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will meet at 5:30 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Rd. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. Call 221-7327 or 666-9818.

Dining Facility No.3

Building 1287, Schofield Road

*Rocco Dining Facility will be closed Dec. 17-Jan. 2*  
*Dining Facility No. 3, Building 1287*  
*Breakfast Hours: Monday-Friday 6:30-8:30 a.m., weekends and holidays 7:30-9:30 a.m.*  
*Christmas Meal, Dec. 25 will be at DFAC No. 3. Military retirees, active duty and their family members are welcome.*

**DFAC No. 3**  
**Saturday – Dec. 17**  
**Lunch – noon to 2 p.m.**  
Beef noodle soup, cream of mushroom soup, Greek lemon turkey pasta, tropical pork chops, Cajun catfish, mashed potatoes, macaroni and cheese, hopping john rice, cauliflower, collard greens  
**Dinner – 5:30 to 7:30 p.m.**  
Herb baked chicken, meat loaf, baked manicotti with sauce, rice pilaf, potato au gratin, carrots, asparagus  
**Sunday – Dec. 18**  
**Lunch – noon to 2 p.m.**  
Vegetable soup, cream of broccoli soup, orange chicken stir fry, hamburger yakisoba, vegetable egg rolls, vegan pierogy with marinara, steamed rice, mashed potatoes, green beans with mushrooms, vegetable stir fry  
**Dinner – 5:30 to 7:30 p.m.**  
Sautéed shrimp, steak ranchero, hamburgers, cheeseburgers, grilled cheese sandwiches, barbecued pork sandwiches, black bean veggie burgers, mashed potatoes, baked beans, steamed rice, broccoli, corn, sweet

potatoes  
**Monday – Dec. 19**  
**Lunch – 11:30 a.m. to 1:30 p.m.**  
Cream of chicken soup, French onion soup with croutons, beef pot pie with biscuits, honey chicken wings, baked cod, bean burritos, jalapeno potato wedges, Kansas medley rice, calico cabbage, mixed vegetables  
**Dinner – 5:30 to 7:30 p.m.**  
Asian barbecued turkey, beef enchiladas, beef ravioli, Italian broccoli pasta, refried beans, mashed potatoes, steamed rice, green beans  
**Tuesday – Dec. 20**  
**Lunch – 11:30 a.m. to 1:30 p.m.**  
Tortilla soup, cream of mushroom soup, roast pork tenderloin, herbed cornish hens, broccoli-rice and cheese, O'Brien potatoes, wild rice, Mexican rice, pinto beans, green beans, Mexican corn  
**Dinner – 5:30 to 7:30 p.m.**  
Oven fried chicken, roast beef, vegetarian nuggets, redskin potatoes, steamed rice, turnip greens, mixed vegetables, zucchini  
**Wednesday – Dec. 21**  
**Lunch – 11:30 a.m. to 1:30 p.m.**  
Cream of potato soup, beef noodle soup, savory baked chicken, Italian rice and beef, apple-glazed corned beef, pasta primavera, caviar medley rice blend, parslied potatoes, cabbage, carrots  
**Dinner – 5:30 to 7:30 p.m.**  
Braised beef and noodles, ginger teriyaki salmon, buffalo chicken wings, rice frittata, potatoes and herbs, browned rice, green bean combo, asparagus, zucchini and

yellow squash  
**Thursday- Dec. 22**  
**Lunch – 11:30 a.m. to 1:30 p.m.**  
Asian stir fry soup, cream of chicken soup, barbecued chicken, Swedish meatballs, cheese enchiladas, steamed rice, paprika potatoes, hacienda corn and black beans, vegetable stir fry  
**Dinner – 5:30 to 7:30 p.m.**  
Chicken parmesan, baked spaghetti, spinach lasagna, whole wheat pizza, garlic-roasted potato wedges, rice pilaf, broccoli, succotash, cauliflower au gratin  
**Friday – Dec. 23**  
**Lunch – 11:30 a.m. to 1:30 p.m.**  
Chicken gumbo soup, cream of broccoli soup, Creole macaroni, chipper fish, grilled pork chops, vegetarian burritos, brown rice, O'Brien potatoes, fried cabbage, corn on the cob  
**Dinner – 5:30 to 7:30 p.m.**  
Chicken pot pie, barbecued beef cubes, cheese tortellini, brown rice, mashed potatoes, stewed tomatoes, club spinach, cauliflower combo  
**Saturday – Dec. 24**  
**Lunch – noon to 2 p.m.**  
Cream of tomato soup, chicken noodle soup, baked chicken, hamburger yakisoba, pork chops with pineapples, cheese manicotti, wild rice, redskin potatoes, herbed broccoli, peas and carrots, Brussels sprouts  
**Dinner – 5:30 to 7:30 p.m.**  
Blackened fish, chicken fajitas, stuffed green peppers, vegetarian nuggets, steamed rice, garlic-roasted potato wedges, squash and carrot

San Antonio Military Medical Center Christmas Meal

The Department of Nutritional Medicine will serve a Christmas Day meal from 11 a.m.-2 p.m. in the SAMMC Dining Facility. The cost is \$5.95 for dependants of E-4 and below and \$7.00 for at others.

Menu includes: tangy shrimp cocktail, carved roast turkey with giblet gravy, glazed spiral-baked ham, almond-crusted salmon, Mexican-style tamales, candied yams, cornbread stuffing, roasted red potatoes, rice, carrots with dill, green peas with mushrooms, salad bar, freshly baked rolls, assorted desserts and beverages.

medley, pinto beans  
**Christmas Day – Dec. 25**  
**Lunch – noon to 2 p.m. Holiday**  
Meal Rate: E1 - E4, spouses and dependents \$5.95, officers, enlisted and retirees \$7  
Spiced eggnog, shrimp cocktail, New England clam chowder, beef vegetable soup, glazed ham, roast turkey, steamship round of beef, tamales, broccoli quiche, bread dressing, cornbread dressing, mashed potatoes, candied sweet potatoes, macaroni and cheese, collard greens, corn O'Brien, carrots, giblet turkey gravy, au jus gravy, salads, breads and assorted desserts.  
**Dinner – 5:30 to 7:30 p.m.**  
Breaded shrimp, grilled steaks, hamburgers, cheeseburgers, grilled cheese sandwiches, Cajun chicken sandwiches, vegetable pizza, baked potatoes, mixed vegetables, broccoli, french fries  
**Monday – Dec. 26**  
**Lunch – 11:30 a.m. to 1:30 p.m.**  
Cream of potato soup, French onion soup, Chinese five-spiced chicken, meat loaf, cheese tortellini, spicy brown rice, mashed potatoes, peas and carrots, herbed green beans  
**Dinner – 5:30 to 7:30 p.m.**  
Chicken tetrazzini, Caribbean fish,

grilled ham steaks, eggplant parmesan, Kansas medley rice, parslied red potatoes, asparagus, squash and carrots  
**Tuesday – Dec. 27**  
**Lunch – 11:30 a.m. to 1:30 p.m.**  
Tortilla soup, cream of mushroom soup, roast turkey, beef stew, broccoli-rice and cheese, baked sweet potatoes, cornbread dressing, steamed rice, pinto beans, Mexican corn, carrots  
**Dinner – 5:30 to 7:30 p.m.**  
Herbed baked chicken, barbecued pork chops, cheese enchiladas, red beans and rice, rosemary roasted potato wedges, stir fry cabbage, corn O'Brien, spinach  
**Wednesday – Dec. 28**  
**Lunch – 11:30 a.m. to 1:30 p.m.**  
Cream of potato soup, chicken gumbo soup, chicken and rice, fish parmesan, beef lasagna, vegetable lasagna, oven browned potatoes, caviar rice medley, parslied potatoes, lima beans, vegetable stir fry, Brus-

sels sprouts  
**Dinner – 5:30 to 7:30 p.m.**  
Grilled hamburger steaks, chicken cacciatore, lemon baked fish, sweet potatoes, black beans and corn, steamed rice, mashed potatoes, stewed tomatoes, green beans, fried cabbage  
**Thursday- Dec. 29**  
**Lunch – 11:30 a.m. to 1:30 p.m.**  
Chicken vegetable soup, cream of broccoli soup, fried chicken, Cajun baked fish, barbecued spareribs, hopping john rice, candied sweet potatoes, macaroni and cheese, steamed rice, mustard greens, corn on the cob, green peas  
**Dinner – 5:30 to 7:30 p.m.**  
Braised pork chops, chicken and Italian vegetable pasta, cheese enchiladas, southwestern rice, O'Brien potatoes, savory squash, black-eyed peas, broccoli

*Menus are subject to change without notice*